

AMENDMENT OF THE SPECIFICATION:

Please delete the Abstract as originally filed in the International Application, including the inserted title and notation [Figure 1], and substitute therefor the following replacement paragraph:

“Method for Electroless Metalisation of Polymer Substrate”

~~A method~~ Methods of activating and metallising an aromatic polymer film including are described which include the steps of[;] treating a first surface of the film with a basic solution[;], applying to said the first surface of the film an aqueous seeding solution comprising polymer-stabilised catalyst particles[;] and immersing the film in an electroless plating bath comprising ions of a desired metal so as to deposit a layer of said the metal onto said the first surface of the film.

[Figure 1]